

TAKING ON LOMU

England legend Jason Leonard on felling the New Zealand giant **P72**

GO NUTS IN THE GYM

We dip our bodies in Insanity ahead of its launch at Reebok Sports Club **P65**



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KEEP MUM SATISFIED

Not booked a table for Mother's Day yet? We have sorted it all **P60-61**



POTHoles & PADLOCKS

Conservative candidate sets out his stall ahead of mayoral contest **P4**

WIN

A meal plus film tickets **P69**



DOING IT RIGHT

We celebrate the Wharfers giving up their time, talents and even hair for **charity** **P5-12**



EAST LONDON PROPERTY Read our market-leading 40-page supplement **P17**



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WEATHER

13C TODAY
Showers

13C FRIDAY
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17C SATURDAY
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Cloudy

20C MONDAY
Scattered showers

TRAVEL

TUBE & DLR

It's a later start for the Jubilee line on Sunday, which is closed between Waterloo and Finchley Road until 11am. The DLR is fine.

ROADS

No scheduled works.

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ESTABLISHED 1998

Charity selfies expose the cheek of it

At the time of writing, Facebook is awash with women posting make-up free selfies in an apparent move to raise awareness of breast cancer.

A variation of the now familiar campaign: "Post the colour of your panties as your status to titillate the men and fight cancer!" In other words it's another crock.

A glance at the selfies uncovers a flaw with the awareness raising exercise. There's no description of warning sign symptoms. No sponsorship links. No mention of donations. Just a lot of smug self-congratulation on a charitable act

BLONDE'S EYE VIEW



ANGELA CLARKE

that does nothing to benefit charity. Yay us. We're going to cure cancer with our 52 Facebook likes.

I should get on board. Facebook tells me my brave make-up free face will be in solidarity with those brave souls fighting cancer.

Because going without mascara is totes like having chemo.

I "bravely" venture out without make-up regularly. Given what I've now witnessed online, I eagerly await the hoards who'll flatter my natural beauty next time I pop to the shops sans slap.

Our charitable campaigns often rest uneasily between the sexually

suggestive, like powerwalking in your bra, and the self-improving narcissistic challenge, like a 10K run, or a triathlon in China.

I see countless snaps of people against beautiful foreign landmarks, having "achieved" something for charity.

If you want to help those less fortunate do it discreetly. Instead of going on a jolly adventure, or a waist whittling vanity exercise, why not put that effort into volunteering at a hospice? Funnily enough the people who do that rarely post selfies of it.

Follow Angela on Twitter:
@TheAngelaClarke

London Eye



A woman dressed as a nurse holds a placard during a Stand up to Racism and Fascism rally in central London last weekend

REUTERS

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Prepare for pounds off at Wharf stores



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Gifts
Sort out your mum with our inspired ideas



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Health
Be:Fit event draws the big names



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London gallery

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Crossrail workers are pictured at the entrance of the Victorian Connaught Tunnels under Royal Albert Dock, which are being deepened to allow the line's modern electric trains to run through them



REUTERS



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Let's just get on with it

CROSSING

Labour heavyweight throws himself behind campaign for east London bridge

Rob.Virtue
@wharf.co.uk

Politicians and business leaders in east and south-east London have ramped up their campaign to force Boris Johnson to build a bridge between Newham and Greenwich.

At a launch event on Tuesday, Labour peer and former transport secretary Lord Adonis ridiculed the lack of action by the Mayor of London contrasting it with the forward-thinking of the Victorians.

In the debate at the University of East London, Lord Adonis, currently shadow minister for infrastructure, said: "The great Victorians built modern London and they built 22 road crossings east of Tower Bridge.

"Since the 1890s we've three times proposed a bridge in east London and three times scrapped it.

"We should, in 2014, be capable of building a bridge and then even starting to think about another one.



Lord Adonis joined Sir Robin Wales and Greenwich MP Nick Raynsford this week to strengthen calls for a bridge across the Thames in east London

What did Lord Adonis have to say on a bridge?

"We should, in 2014, be capable of building a bridge and then even starting to think about another one."

"There's massive political will behind it, it's planned and we just need to get on with it."

The Thames Gateway Bridge was scrapped by Mayor Johnson in 2008 after a public inquiry ruled against it.

It has since been revisited in a consultation by Transport for London, although the group's preferred option is for a tunnel at Silvertown and a

new Woolwich ferry. This is despite overwhelming public support in the consultation for a bridge.

However, also speaking at Tuesday's meeting, Greenwich MP Nick Raynsford said environmental concerns should be addressed.

"We need to remember why the Thames Gateway Bridge wasn't built," he said.

"It was opposed by Bexley and the public inquiry threw it out.

"We would make a mistake if we ignore people who say it will create more traffic and pollution, although they are in a minority."

Mr Raynsford said he believed more crossings would benefit the environment, stopping queues of traffic and reducing the amount of fumes and emissions across the area.

"At the moment there's not just congestion but pollution being caused by traffic waiting at Woolwich," he said.

Lord Adonis said there was now less opposition to the plans than when the public inquiry took place.

"The Transport for London consultation on crossings showed all communities affected had a majority of support for it including Bexley," he said. "This isn't a divisive issue."

Population growth must be matched by crossing

THE representative of the capital's businesses has hit out at the Chancellor's Budget after it failed to back fixed river crossings in east London.

Colin Stanbridge, chief executive of London Chamber of Commerce and Industry, has long campaigned for a bridge and a tunnel between Dartford and central London.

However, George Osborne failed to

mention east London – and instead offered £270million for the Mersey Gateway Bridge.

"Given the announcement that the Mersey Gateway Bridge project is to receive financial backing, LCCI is disappointed that the Chancellor failed to commit funding to a similar crossing in east London," said Mr Stanbridge, pictured.

"East London is served by only two fixed road river crossings, whereas there are over 20 to the west of Tower Bridge.

"If London is to support its ever-growing population, we need the transport infrastructure to match."



East gets homes but no DLR

THE Chancellor announced plans for a major house building scheme at Barking Riverside but ruled out extending the DLR to Dagenham.

George Osborne said in his Budget last Wednesday he would regenerate the east London area with thousands of new homes.

However, rather than re-visiting the stalled DLR line to Dagenham extension, which would have included Barking



Riverside, Transport for London said an Overground link was its focus.

A TfL spokesman said: "When we last looked at the DLR extension the price was £4-500million so the Overground scheme is much more cost effective."

The train service currently links Gospel Oak with Barking and the local authority in east London want funding

to extend that to Barking Riverside, which would cost around £100million.

Speaking to *The Wharf* last year, DLR's head of development and planning Robert Niven said the Dagenham extension was always in the pipeline.

"We're looking at revising the plans but with a different scope focussed on how we can facilitate the redevelopment of Barking Reach," he said.

"There's land ideal for new homes in that area which needs to be unlocked."

However, he admitted costs would be an issue, saying there could be a "cheaper alternative to the DLR".

Up to 11,000 homes will be built on a 443-acre site at

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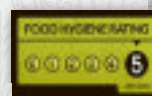
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Why potholes and padlocks are what people care about

Full story online

■ *The Wharf* is talking to key players in the forthcoming local elections in an occasional series over the next few weeks.

■ These are available online at wharf.co.uk.

■ We've already spoken to UKIP candidate Nicholas McQueen and Newham Labour candidate Sir Robin Wales. Next up is Tower Hamlets' John Biggs.

at wharf.co.uk

MEET THE CANDIDATE Tory tells **Rob Virtue** he's going to dodge mud-slinging of his rivals

Political mud packed with accusations of waste and racism are flying all over Tower Hamlets. Rather than join the frenzy ahead of this May's vote for ownership of the borough, Chris Wilford is talking potholes.

The Conservative candidate is a long shot for Tower Hamlets' top job but if he does somehow trump Labour's

John Biggs and current incumbent Lutfur Rahman, at 28, he will be the youngest elected mayor in Europe.

"Potholes and padlocks" is the pledge which Mr Wilford coins in our interview. It's based on an election campaign already mocked by a fourth candidate UKIP's Nicholas McQueen, who said there are bigger issues at stake.

"He should knock on some doors," counters Mr Wilford. "Mr McQueen's a popular local figure but repairing potholes does come up as a regular issue for people. He can write it off if he wants."

And it's meeting residents on the doorstep that has persuaded Mr Wilford to stay out of the fractious feuding between Mr Biggs and mayor Rahman.

The Tory, a Bow resident, said people were fed up with negativity and "dog-whistle politics".

"My campaign isn't about personality politics, it's about policies that will deliver for people on the ground," he said. "That's the real issue. A lot of people don't think they have a voice any more or access to their representatives."

Alongside potholes, it's padlocks – protecting vulnerable residents from anti-social behaviour – that rank high.

"Elderly pensioners are being mugged on their doorsteps," he said. "That could really be sorted out with a padlock on a few gates, security cameras in the right spots, making sure people feel more secure and preventing these things happening."

"I was in an older development a couple of weeks ago and young people had been smoking cannabis in the lift and had sealed it off. Residents were concerned. A decent camera would have put those people off."

Padlocks and security cameras do not create a great image of community cohesion, however.

In a softening reminiscent of Prime Minister David Cameron's "hug a hoodie" moment, Mr Wilford said his



Conservative candidate Chris Wilford wants to redraw the Local Plan

What concerns are you hearing on the doorstep?

"A lot of people don't think they have a voice any more or access to their representatives."

Chris Wilford

egies they can become part of the community.

"A big barrier for a lot of young people is a crisis of help. It's great to talk about growth but people think 'what's my part in this journey'. A lot of people's perception is that there's a ceiling. But people are getting together with friends and getting web coding skills and are making things happen."

"People need to know there is hope and they have the tools."

policy was a mixture of prevention and cure.

"Of course there's a wider issue," he said. "How do you get gated communities to be part of the borough? With the right community events. But it's also key to make sure a lot of youngsters are involved in worthwhile areas such as the tech industries. If they're working in the jobs for growth strat-

There are also wider issues in the Conservative's manifesto for Tower Hamlets. The Isle of Dogs is a Tory stronghold and its councillors have long put up resistance to more residential towers in the area around Canary Wharf.

Mr Wilford agreed it was an area of great concern and said he wanted the Local Development Plan re-written.

"On the Island we're reaching capacity. There's real issues for residents who see development on every spare scrap of space. There doesn't feel like there's any strategic plan. My focus would be taking a step back, looking at what's happening and getting a viable plan in place."

But surely the Conservatives will not win a mayoral election in the borough where they won just 12% of the votes in 2010.

"This is Tower Hamlets," said Mr Wilford. "Anything is possible."

A question of experience

GIVING his relative youth, critics will say Chris Wilford hasn't the experience to lead Tower Hamlets.

Of course, it's a suggestion he's eager to oppose, before the question's even put to him.

"While I'm younger than my rivals I've served my political apprenticeship in Tower Hamlets and you grow up very quickly," said Mr Wilford, who stood as a

council candidate in the Stepney ward in 2010.

"I've got experience working with a diverse range of people trying to make changes."

"In Stepney I did a lot of work with people at the Ocean Estate on protective measures and low level street crime and prostitution, making sure their voices were heard."

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Portraits hit out at 50% child poverty

Rachel Bishop
@wharf.co.uk

A charity has launched an art project in a bid to raise awareness of the fact more than 50% of Tower Hamlets children live in poverty.

Miracles UK, which aims to help people who have missed opportunities for help and fallen through the net, brought creative people and kids together for its 50 children – 50 artists initiative to highlight the issue.

Miracles' project director James Burton said: "It brings together 50 of the UK's most exciting and renowned artists and 50 children from across Tower Hamlets.

"The project is a celebration of the borough and the children who live there.

"We believe every child should be afforded the same opportunities irrespective of the lifestyle they have been born into – the portraits created through it are symbolic of that opportunity.

"Most of the sitters came from the schools – students entered a portrait competition we set up and the winners



Portraits of Marvelous, 3, by Nick Archer, above, and Mahin, 15, by Anthony Barrow, below, were created for the project



went onto become the sitters.

"The children are fascinated by the project – seeing yourself or your friends in a painting is very compelling – particularly when it is associated with a legacy project like 50 children – 50 artists."

James is looking for businesses to sponsor each artwork. In return organisations get to keep the picture.

Businesses already signed up include Citibank, St James's Wealth Management and Adagenda.

Go to fiftychildrenfiftyartists.com.



Rukia, 16, by Ilaria Rosselli Del Turco

How the Wharf venues can help

■ Miracles' 50 children-50 artists project is also hoping to make its way into more restaurants on the Wharf.

Plateau's leading the way with an exhibition of the portraits every Saturday in April. The free collection will be on show in partnership with the project, but the venue's owners have also agreed to support an extra project – the £1 meal deal scheme.

James is asking restaurants to add £1 to every meal for one or two months and then donate all the funds towards the cause.

He said: "We have some excellent restaurants who have joined us including The Corner Room, Forman's and Plateau. Getting some other Canary Wharf restaurants interested would be a tremendous boost."

NEWS IN BRIEF

Round-up

Crossover titan returns to The O2

CONCERT Andrea Bocelli will bring his combination of classical and pop repertoire to The O2 on November 20, for a one-date stop on his UK and Ireland tour.

Tracks from his latest offering, *Passione*, are sure to be on the set list. Expect *Time To Say Goodbye*

his worldwide hit with Sarah Brightman too. Duets between Bocelli and two special guests will also feature.

Go to theo2.co.uk.



Town's name ties London's tongues

GREENWICH Commuters passing through King's Cross St Pancras named Greenwich in the top 10 words they find hard to say.

King's Cross International carried out the research to find how many people said St Pancras (32%) to boost charity Pancreatic Cancer Action.

Other troublesome words included espresso, often and prescription.

"With help we untangled overseas markets"

Shaun Pulfrey, Founder of Tangle Teezer Ltd

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NEWS IN BRIEF

East London round-up

Housing group's celebratory dance

STRATFORD East London's pensioners and primary school pupils teamed up for a community showcase at Stratford Circus this month.

Dance, comedy, songs and a quadrille routine from elderly Newham residents helped to flag up housing association East Thames Group's achievements in its community programme.

It's foyer residents scheme – helping young people secure employment and prepare for independent living – was also celebrated. An awards ceremony commemorating inspirational residents rounded off the event.

Post Office moves during its refurb

CANARY WHARF The Post Office has popped up in Cabot Place Mall.

Taking the space vacated by Jones the Bootmaker, Wharfers can stock up on their stamps and post their parcels in the temporary facility until April 14.

The service has temporarily re-located from its based in Chancellor Passage while it is undergoing refurbishment.

Why this woman isn't paying for her haircut

CHARITY

Salon gives free snip sessions to charitable Wharfers in return for their locks

Rachel.Bishop
@wharf.co.uk

Women went the extra length for Little Princess Trust last week by donating at least seven inches of hair to the charity.

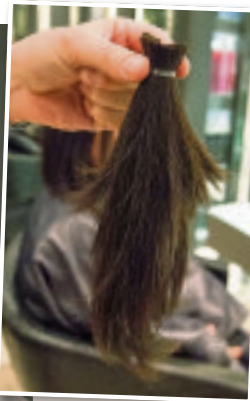
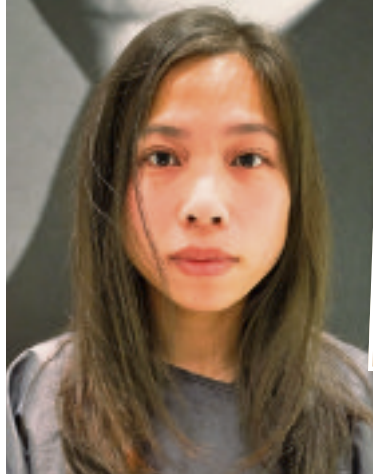
"There's a real difference in weight," 18-year-old Shannon Louise Marsh said after a lengthy 31cm was chopped-off at Seanhanna in Canary Wharf on March 21.

Donated hair will be used to make wigs for children who have lost their hair through cancer treatment.

Shannon, a student from Bishop Challoner Catholic Collegiate School, said: "My hair grows so quickly and the little girls don't have hair, so it's a no brainer really."

Fellow hair-donor Erdan Gu, a 31-year-old teacher, had 27cm of hair

KAY LOCKETT



Erdan Gu, left, donated her locks, above, to help make wigs for little girls who have lost their hair

cut off and her remaining barnet styled into an asymmetric graduated bob.

She said it was a "win, win situation" because she wanted to have her hair cut off and do something for charity.

"I didn't know that charity work could be so unforgettable and it's really special because I have not experienced anything like this before," she said.

On Erdan's hair, Seanhanna

manager Jon Monks used Kerastase volumising shampoo and Kerastase volume powder treatment.

Seanhanna is providing free hair cuts to anyone wishing to donate their hair to Little Princess Trust throughout March as part of their annual charity event.

Go to seanhanna.com/about/princess for more information.

Seanhanna offer / Page 58



Greater darkness than usual will fall on Wharf's blazing beacon

Turning out Wharf's lights

CANARY WHARF Group will be joining millions of other organisations supporting energy conservation for Earth Hour this weekend.

On Saturday the company will switch off non-essential lights in its offices and around the Canary Wharf estate between 8.30pm and 9.30pm.

Other business in the area taking part include KPMG, Clifford Chance, Morgan Stanley and Moody's.

Last month, CWG achieved the Carbon Trust Waste Standard, making it one of the first 10 organisations and first real estate company in the world to be recognised since the certification was launched in November 2013.

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Digest

A life-changing chance to train

EDUCATION An East Ham man is one of just six to be selected for a scholarship programme by law firm Freshfields Bruckhaus Deringer.

Steve Lewis said his place on the inaugural year of Freshfields' Stephen Lawrence Scholarship – a scheme aimed at boosting the number of black men from low incomes in commercial law firms – was "life-changing".

The 43-year-old will now embark on a three-year professional development programme centred on written, presentation and numeracy skills and commercial awareness.



BERMONDSEY Six people were injured when a police van "catapulted" over a car near Rotherhithe tunnel on Monday. The crash, in Jamaica Road in Bermondsey, happened at around 1pm, causing serious delays in the area. Police said six people suffered minor injuries. Three people were taken to hospital by ambulance for further treatment.

Tree power to protect green

GREENWICH A group striving to protect a grassy patch in Greenwich has launched a spring sponsorship initiative.

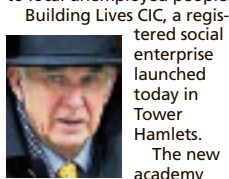
The land, in Creek Road and Bardsley Lane, has previously been targeted by developers. Campaign group Keep The Green in Greenwich is proving its eco-friendly streak by encouraging residents to sponsor the planting of silver birch saplings on-site for £5 each.

About 30 saplings are already sprouting.

Go to friendsforamaritimegreenwich.org.uk or visit the Made In Green Gallery to take part.

Cable launches Bow academy

EDUCATION Vince Cable, inset, has opened an academy offering paid apprenticeships for the construction industry to local unemployed people.



Building Lives CIC, a registered social enterprise launched today in Tower Hamlets. The new academy turns an unloved and underused community centre in the heart of Bow into a bespoke construction training facility.

Go to buildinglives.uk.com.

Fatal stabbing in Stratford

999 Police have launched a murder investigation after a man was killed in the Broadway at Stratford on Monday night.

The incident happened just after 8pm. The 22-year-old victim was stabbed in the neck and died later at an east London hospital.

Police said they believe they know who the victim is but are awaiting formal identification. His next of kin have been informed.

So far there have been no arrests.

Anyone with information should contact on the emergency number.

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'INCREDIBLE JACKPOT RUN' TAKES CASINO BOSSES BY SURPRISE

Bosses at Aspers Super Casino Westfield Stratford City have been left scratching their heads after an incredible run of Jackpot wins on their slot machines.

There have been no fewer than 19 jackpot wins in the last ten weeks alone, with the casino having to pay out in excess of £200,000 in prize monies.

Amazingly one local woman, who may lay claim to the title of being London's luckiest player, has actually already won the jackpot twice, on top of having last year also won a brand new BMW during the casino's birthday promotion.

The bonanza has come about in just over two months at the Westfield Stratford City casino in the wake of

new government legislation allowing higher jackpot on slot machines.

Under the new legislation, which came into force this year, players can now win progressive jackpots of up to £20,000.

Richard Smith, General Manager of Aspers, said: "I wouldn't say we've had too many, but it's fair to say the number of jackpots we've had go off since the changes has taken us all a bit by surprise.

"We've had more jackpot winners than any other casino in the UK, with some winners betting as little as 25p, and there doesn't appear to be any sign of the streak slowing down," he added.



Aspers Stratford is the UK's biggest casino, playing host to more than 140,000 guests every month.

As well as two bars, one with a terrace overlooking the Olympic Park, and a restaurant, the casino is the UK's largest featuring more than 50 live gaming tables and 150 slot machines.

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Notebook

Why I'm thinking of letting my colleague take the pee

In my 47-year-old single friend's quest to have a baby she has signed up to have a major MOT – an in-depth well-woman review.

As part of the programme, she will have her fertility measured, hormone levels calculated and blood tested for various deficiencies.

The specialist clinic she is under is running the equivalent of a BOGOF so she asked me if I would like to tag along.

I'm certainly not in the market for another child – Master A is a handful enough – but I thought it would be an

interesting exercise in body maintenance, an opportunity to see if I can stop the progressive rot.

On Monday I received, by courier, a hormone testing kit – four specimen bottles and a guide on collecting urine in a 24-hour period. There was also a cool bag and FedEx collection slot, scheduled for early Wednesday morning.

So on Tuesday, along with my usual packed lunch and Thermos, I took to work with me an empty five-litre mineral water bottle and a Pyrex measuring jug. (I'm guessing the only

WORKING MUM



TABITHA RONSON

women who usually carry out these tests have the luxury of not having to work.) I did wonder how I would explain the items if I got stopped by security.

It was a very awkward day. For some reason I needed to go to the loo more often than normal. I tried as casually as possible to saunter to the nearest toilet armed with my rather crude pee collecting tools in a canvas bag.

And, so, in our minuscule cubicles, unbeknown to my fellow loo users, I carried out the careful collection.

I know it's wrong to admit but I found

it weirdly empowering walking through the office knowing what I had in my bag. Back at my desk, I placed the bag, with its unlikely contents, by my chair.

"Ooh, what's this? Are you on some herbal drink you're keeping secret from us?" Irritating colleague held the five-litre bottle aloft. For a split second, the devil screaming in my ear, I considered offering her a sip. Instead I fessed up.

She looked at me sulkily: "If you don't want to share, just say. You don't have to be so dramatic."

Working mum: Ready to pour her a glass.

DATA SNAPSHOTS

Trends, stats & surveys



29.3%

Percentage of couples where both parents are working, the lowest in the country. Tower Hamlets also has the lowest percentage of lone parents in work – 37.8%.



436%

Percentage rise in stalking cases in London between Nov 2012 to April 2013 (11 cases) and April 2013 to Jan 2014 (59 cases). Nationally magistrates heard 548 cases.



113

Number of days of an average Brit's life spent snacking. Men snack more often and more unhealthily. The prime snack time is between 1pm and 5pm.

Catch up with our data graphics on wharf.co.uk every week

Sources: Office of National Statistics; Theyworkforyou.com; Yumbles.com

Out Of Office

STAGE

Ain't nothing like a dame

The girl from Poplar done good. Yes, unlikely East Ender Dame Angela Lansbury has entertained critics with her Madame Arcati in Noel Coward's *Blithe Spirit* at the Gielgud Theatre.

The venerable 88-year-old even won applause on her first appearance – a familiar acknowledgement of stardom on Broadway but generally frowned upon in the West End.

The Independent cooed: "With her red Princess Leia-style coiffure and clashing arty-meets-hearty wardrobe, Lansbury's Madame A is a quivering, deliciously erratic blend of bohemian lady novelist and girl guide."

Dame Angela said: "I've played

They say

★ "My mum did the soundcheck which calmed my nerves considerably. Watching your 55-year-old mother pretend to be Lady Gaga in an empty arena will do that."

Russell Howard on playing *The O2* in 2011. He returns there on Saturday

in London before, including big musicals, *Gypsy* at the Piccadilly Theatre, so being back in London felt very natural and terrific.

"I feel people know me so well through movies and the television and so I feel very at home here."

Of the standing ovation, Dame Angela said: "That really is the cherry on the cake."

Lansbury festival / Page 16

People, places, things

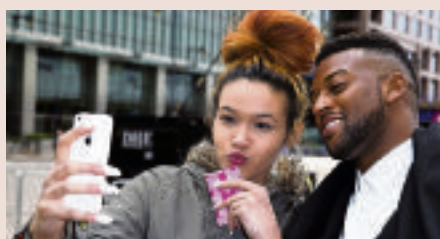


Dame Angela Lansbury bows at the curtain call



Spotted

★ JLS Star Oritse Williams launches WaterAid's "watergraphs" for World Water Day at Canary Wharf on Thursday



High Five

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Vileda Easywring set, £21.90
Smart bucket to wring out mops without drips.

POLITICAL VIEWPOINT

By Peter Golds

Why mayors must engage with everyone

The small print of a budget is always what actually matters. Having represented Blackwall as a councillor for the past eight years I have learned how essential it is for this area to be regenerated.

As part of the budget statement, the Chancellor announced £150million to help kickstart regeneration of deprived estates across London.

Some of this money will be used to support the redevelopment of Blackwall Reach, where up to 1,500 homes are planned, along with a new park and an enhanced school. This investment follows extensive discussions between central Government and the Mayor of London Boris Johnson.

He delights in snubbing all those who aren't sycophants

This is what happens when politicians actually engage with one another.

Contrast this with Tower Hamlets' mayor, who ignores everybody but his closest supporters and delights in snubbing all those who are not sycophants.

Mr Johnson spends hours at meetings being questioned by members of the London Assembly from all parties. Many of the questions are hostile, but like a grown up politician and leader he can take this.

As a result Boris delivers for London, while in Tower Hamlets the mayor is more interested in his pictures on hoardings and in the ludicrous and soon to be abolished *East End Life*.

Let us hope that after May 22, Tower Hamlets will have a mayor who will engage with supporters and opponents to deliver the best for all residents.

Conservative, Blackwall & Cubitt Town



Neighbours are a chronic nuisance

DOCKLANDS Neighbours from hell in Tower Hamlets have seen the borough listed fourth in a table of shame.

Over 5,000 residents raised issues with the council over others' behaviour in the last 12 months, according to research by Churchill Home Insurance. The problems raised included noise, hygiene, messy gardens, dangerous dogs and vermin.

The east London area was behind Westminster, Newcastle-upon-Tyne and Fife in the top 10 areas listed for complaints about neighbours.

It was above fellow local boroughs Southwark and Wandsworth.

Martin Scott, head of Churchill Home Insurance, said: "These findings present a worrying picture of the affects other people and properties near our homes have on our lives."

"It's a reminder to all of us to consider that our parties, pets and general property maintenance may be causing our neighbours undue amounts of stress."

Opposition councillor Gloria Thienel, pictured, said in a tweet that things were made worse by enforcement officers at Tower Hamlets Council only working from Thursday to Sunday.



No emotion as attacker is jailed

A CANNING Town woman who threw acid in the face of her friend while disguised in a Muslim veil has been jailed for 12 years.

Mary Konye, 22, attacked Naomi Oni, on her way home from work at Victoria's Secret in Westfield Stratford City on December 30, 2012.

A "trivial, insignificant" argument had sparked the vengeful attack, which left Ms Oni with serious scars on her face and chest.

Sitting at Snaresbrook Crown Court Judge David Radford said the consequences of her "wicked act had been devastating to Miss Oni".



Mary Konye's attack was retaliation for being called ugly by her victim

He said Konye's "callous" plan was to "burn and disfigure" her victim, now 22. The judge said she had destroyed Oni's faith in friends and Konye's later remorse was "utterly belated".

Konye's lawyer Sally O'Neill QC had earlier told the court her client had admitted throwing the acid following her conviction in January.

"The reason for this incident will always be shrouded in some doubt and mystery," said Ms O'Neill, suggesting that the 22-year-old was simply immature. Konye showed no emotion as she was sentenced.

Giles Broadbent

Adapting to Housing Benefit changes: Advice on managing your money

There have been changes to Housing Benefit so that working-age people living in social housing now receive Housing Benefit based on the number of people in their household and the size of their accommodation.

This change, known as the Removal of the Spare Room Subsidy, will help families living in overcrowded accommodation and those on waiting lists to find new homes. This system already applied to people renting privately, so now all tenants are treated in the same way.

If you are affected, the amount of Housing Benefit you receive may have reduced but there is a range of support to help you adapt to these changes.

Finding a job or increasing your hours can make you financially better off and help make up the difference in rent. As employment reaches its highest level ever, this is a great time to look for work.

You can see thousands of job vacancies using Universal Jobmatch and create an online profile to get alerts about jobs matched to your CV. This also allows employers to easily see your skills and experience when they are recruiting. Visit www.gov.uk/jobsearch.

Jobcentre Plus can also provide valuable training and work experience which can impress employers. You will receive your benefits while doing placements, and Jobcentre Plus can help with extra costs you may face when starting a job.

More job tips:

- * **Keep your CV short - a maximum of two sides is enough and tailor it to the job**
- * **Networking is key - link up with employers on Twitter and LinkedIn**
- * **Use a personal touch - Call businesses to see if they're hiring**
- * **Find out which sectors have the most vacancies**

If you are already employed, you can increase your earnings by working more hours.

You may qualify for Working Tax Credits and Housing Benefit if you work full-time, ensuring that your take-home-pay after you have paid rent, is more than you would get from out-of-work benefits.

Use our Benefits Adviser tool to see how you could be better off in work: www.gov.uk/benefits-adviser.

As well as increasing your income, you may be eligible for financial support to help with housing costs. Speak to your council about the Discretionary Housing Payment scheme if you need more help: www.gov.uk/find-your-local-council.

The Money Advice Service offers free independent budgeting and debt advice to help you too: www.moneyadvice.org.uk/en.

Find out more about all your options at www.gov.uk/housing-benefit.



Department
for Work &
Pensions

Help with changes to Housing Benefit

Working-age people living in social housing now receive Housing Benefit based on the number of people in their household and the size of their accommodation. **Pensioners are not affected by this change.**

This change helps families who live in overcrowded accommodation or on waiting lists to find a new home. People who rent from private landlords already get Housing Benefit in this way, and this makes it fair for everyone.

If you are affected, you should have heard from your council.

There is support to help you manage these changes, including:

- thinking about downsizing or 'home swapping' to a different sized property
- finding a job or increasing your hours can make you better off
- applying to your council for a Discretionary Housing Payment.



Find out more about all your options at www.gov.uk/housing-benefit or talk to your council.

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Page 59



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THE WHARF MARCH 27 2014 wharf.co.uk

PICTURES KAY LOCKETT



Left, the teams assemble at the Radisson Blu Edwardian New Providence Wharf. Above and left, team members concentrate



Wharfers clash their heads for a good cause

Beth.Allcock
@wharf.co.uk

Bragging rights, a course in cocktail-making and a shiny trophy were up for grabs as teams battled it out in *The Wharf's* first charity quiz in aid of Tommy's.

Bankers, estate agents and fitness experts donned their thinking caps for seven rounds packed with brain-teasers and two bonus sections spanning subjects from celebrities to Canary Wharf and film and television.

Babbling chat and excited laughter from the 12 teams filling tables at the Radisson Blu Edwardian New Providence Wharf Hotel turned to hushed

whispers behind hands as host Mike Coxon kicked off proceedings.

As the question tally clocked up, so did the teams' competitive spirit.

Bonus points were awarded to **And Tonight's Winners Are** for their dancing skills in the music round while cheers followed as the winning answers were revealed and scoreboard updated.

West India Quay's newest fitness hub, **Sweat**, were all smiles as they accepted the losing gift – a wooden spatula (see page 12).

Meanwhile, after commanding pole position for much of the event, E14 estate agency **Chattels Of London** were very nearly pipped to the post by **De Vere Babes And Andrew**.

But two points proved enough to

secure the trophy and cocktail-making class at Rum and Sugar – with the lucky streak continuing as the team also won the raffle prize of tickets to a sporting lunch featuring Alasdair Cook at Boisdale.

Chattels' director, James Kearns, said: "We like to clean up. We're overjoyed, it's really, really, cool. We normally do quizzes every fortnight or so on the Isle of Dogs."

"We enjoyed the sports round – most of us are sports fans and it's probably the round we did best in."

"The Canary Wharf round was tricky and there was one I should have got right there."

The event raised £400 for Tommy's, *The Wharf's* chosen charity.

More photos at wharf.co.uk



Quiz winners Chattels Of London collect their trophy

NIL POINTS

*Although the brilliance of the teams who entered *The Wharf's* charity quiz cannot be doubted; some of the answers submitted painted a disturbing picture of Wharfers' general knowledge:*

■ **The trouble with Toms:** When asked to name the person behind Tom's Kitchen in Westferry one team suggested Olympian Tom Daley may have taken the plunge into restaurant ownership. This may be news to chef Tom Aikens.



Tom Daley?

■ **Counting calories:** Birley and Pret only have five Wharf branches each, but one hungry team saw bread and estimated a whopping 24 per brand.

■ **Facial recognition:** An image of Billy Bob Thornton in his youth baffled one team, who thought serial killer Fred West had put in an appearance.



Fred West?

■ **Only fools:** Del Boy's Robin Reliant was adorned with the slogan Paris, Peckham, New York; not Paris, Peckham, Perth as one team thought.

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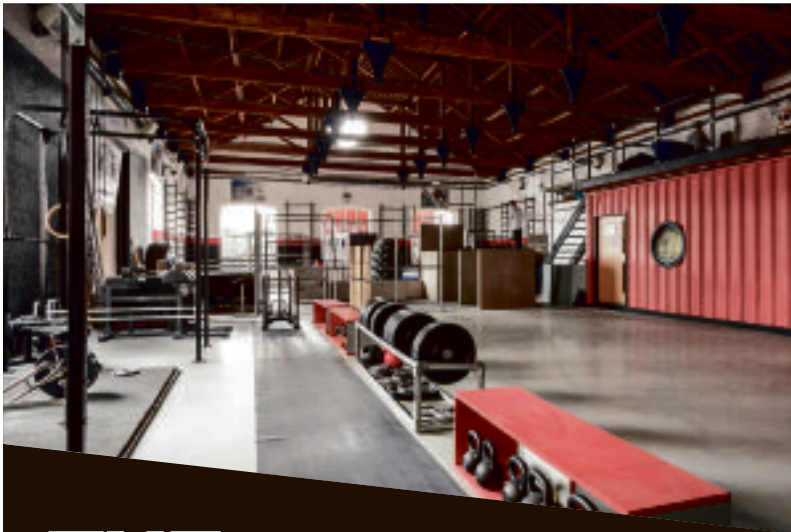
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What's On

Putting it all on The Line

ART

Project aims to create sculpture park to highlight the joys of hidden waterways

Rachel Bishop
@wharf.co.uk

An artistic project linking the Queen Elizabeth Olympic Park and The O2 along the waterways is set to be created by July 2014.

The Line will be a sculpture walk from North Greenwich to Stratford using art installations to highlight the history and culture of the area.

The project is being led by Megan Piper and Clive Dutton, with support from Turner Prize-winning artist Mark Wallinger.

Megan said: "One of the greatest things about London is its ability to surprise. The Line will shine a light on one of the capital's best-kept secrets. It will bring together great works of art and a largely undiscovered area of the city."



The project is backed by the Canal and River Trust's project Arts On The Waterways, which is a nationwide scheme that aims to bring modern and contemporary sculpture to the waterways.

The Line's route will broadly follow the line of the Meridian, where art projects – which can still be submitted



The sculpture work will follow east London's water courses

– will be sited along the docks, canals and rivers.

Mark said: "There are some great artworks that are languishing in storage – this is a way of liberating works that are unavailable and out of sight for too long."

"It's suddenly such an obvious and brilliant thing to be able to do."

The Line, which is set to become

a permanent addition to London's cultural scene, needs to raise £150,000 in the first phase by tomorrow (Friday), but will need to raise £3million to fund the project for three years.

The deadline to submit art pieces to the project is April 7.

To donate, go to spacehive.com/theline or for more information, go to the-line.org.

IN BRIEF

Good news as TV comedian is back

★ **Russell Howard** will be entertaining the crowds at The O2 on Saturday.

The 32-year-old from Bristol, the star and creator of TV show *Russell Howard's Good News* is bringing his upbeat kid humour to North Greenwich.



He won best compere at the 2006 Chortle Awards. So he must be good.

Mar 29, The O2, 6.30pm, theo2.co.uk.

Tinie feels ready to perform now

★ **Tinie Tempah** was due to perform at The O2 four months ago but pulled out of the gig because he wasn't ready.



Better late than never, the crowd should be in for a great show.

The show by the London-born rapper will feature hits from his albums *Disc-Overy* and *Demonstrations*.

Mar 30, The O2, 6.30pm, theo2.co.uk.

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What's on

IN BRIEF

The tale of a boy and his balloon



★ Music and wood-carved marionettes will tell the tale of a young boy's friendship and vivid imagination at The Space on the Isle of Dogs.

The Red Balloon centres on the child and his inflated companion and is set to capture the attention of audiences both young and old, in its exploration of themes including loyalty and loss.

Founded in 2011 by puppeteers Stan Middleton and Soledad Zarate, The String Theatre has adapted Albert Lamorisse's short film of the same name for this production. April 1-6, *The Space*, £10/£8, space.org.uk.

Dame back on her manor for festival

FILM FESTIVAL

Beth Allcock
@wharf.co.uk

Actress Dame Angela Lansbury will be returning to her East End home turf next month for a special festival in her honour.

The Murder She Wrote star, currently receiving positive reviews for her role in a West End production of *Blithe Spirit*, will switch to the other side of the capital on April 6 for *The Angela Lansbury Film Festival*, in Poplar.

She was born in London in 1925 and grew up in Poplar when her grandfather, George Lansbury, was MP for Bow and Bromley. He led the Labour Party between 1932 and 1935.

The Lansbury Estate was named after him and Angela returned to the area in 2011 to unveil a special commemorative plaque in Rocky Park.

For her visit this time around, she'll



Angela Lansbury in the popular film *Bedknobs And Broomsticks*

be introducing a free family screening of *Bedknobs And Broomsticks* in Poplar's Christ Street Market, on Sunday April 6.

However, the festival, which has been organised jointly by Poplar Film Presents and housing association Poplar Harca, will begin the day before, on April 5.

Four films featuring the former Londoner will be showcased at Spotlight, outside Langdon Park DLR, all of which have been hand-picked by

the Dame herself in her role as festival curator.

They include *The Picture Of Dorian Gray*, *The Manchurian Candidate*, *Gaslight* and *The Mirror Crack'd*, providing a cinematic snapshot of a 70-year career.

The following day, a showing of family favourite *Nanny McPhee* will follow a re-visit to the land of *Bedknobs And Broomsticks*, before Angela sits in the hotseat to be grilled by Sir Christopher Frayling, former chairman of the Arts Council and governor of the BFI, again in Spotlight.

Bree Sims, of Poplar Harca, said: "There's lots of stuff to try to get the die-hard Angela Lansbury fans down but to make sure the community is involved as well."

"We have just been blown away by the enthusiasm and excitement."

"We released another 80 tickets for *Bedknobs And Broomsticks* last week and they sold out within four minutes. It's just been fantastic."

[Go to poplarfilmpresents.com](http://Go.to/poplarfilmpresents.com).



Dame Angela Lansbury in *Nanny McPhee*

resolution



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We want to get your feedback on these proposals before we submit a planning application to the London Borough of Newham later this spring.

We hope you are able to make it along and we look forward to seeing you.

If you have any questions, or want to provide your feedback please contact us by email: consultation@silvertownlondon.com or by telephone: 0800 8815 323





Goldie calls on aspects of himself for Joker

STAGE

Rachel Bishop
@wharf.co.uk

A British tourist is murdered in Jamaica, with a gang leader as the prime suspect in a new play coming to Theatre Royal Stratford East.

Written by Bafta-award winning Roy Williams, *Kingston 14* is set in Jamaica and tells of a UK police officer investigating the murder of a British tourist on the island.

Gang leader Joker, played by Goldie, is held for questioning, and the play ends with two officers being kidnapped amid an investigation into police corruption.

Goldie, who is better known for his drum and bass tracks than theatre performances, said he drew on his own life experiences when developing the character of Joker.

The 48-year-old said: "All the characters in the play I have met a thousand times over."

"We can all see a bit of ourselves as a rebel in Joker."

"I think there is part of me that is a bit of a loner and operating outside the norm, so yes, I can relate in part to Joker."

"In the main I leant on some of the characters I met while I was living in Miami – people from Jamaica and



Goldie, top left, in rehearsal for *Kingston 14* in Stratford

some who were pretty ruthless. Some disappeared and some got long prison sentences and I have drawn from some of those people for this role."

The play is directed by Olivier-nominated Clint Dyer and designed by Olivier award-winning Ultz. Mar 28-April 26, Theatre Royal Stratford East, weekday mats 2pm, weekend mats 3pm, evenings 7.30pm, £5-£22.50, stratfordeast.com.

Captain in a different America

SCREEN

Captain America 2

(12A) 135mins

Steve Rogers continues his journey as the ramped-up American soldier who's coming to terms with the modern world after he was frozen in time – and ice – since the Second World War.

Chris Evans returns as the all-American hero to take on a relic of the Cold War, The Winter Soldier (Sebastian Stan).

He's aided and abetted by returning characters Natasha Romanoff, the Black Widow (Scarlett Johansson), Maria Hill (Cobie Smulders) and Nick Fury (Samuel L Jackson). Oh, and there'll be the usual cameo from Marvel Comics supremo Stan Lee.

Despite a familiar (and topical foe) in the icy Soviet, the world is less clear-cut than his own day, with the message of America – pre-emptive strikes,



Chris Evans as Captain America and Scarlett Johansson as the Black Widow

conspiracies and drones – proving a more troublesome sell than the American Dream.

The Winter Soldiers themselves hark back to the real-life Vietnam veterans who sought to highlight US war crimes and our hero has to overcome his quibbles to save his friends.

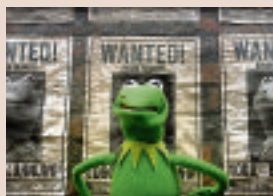
So this is more complex stuff than usual but still hung upon some formidable set pieces.

★★★★☆

SCREEN

Muppets Most Wanted

(U) 113mins



While on a grand world tour, the Muppets find themselves wrapped into an European jewel-heist caper headed by a Kermit lookalike and his dastardly sidekick.

More puppet fun aided by stellar cameos from the likes of Ricky Gervais, Tina Fey, James McAvoy, Ray Liotta et al.

★★★★☆

SCREEN

Legend Of Hercules

(12A) 99mins



The origin story of the mythical Greek hero. Betrayed by his stepfather, the King, and exiled and sold into slavery because of a forbidden love, Hercules must use his formidable powers to fight his way back to his rightful kingdom.

The story behind one of the greatest myths is revealed in this action-packed epic.

★★★☆☆

Sculptures concerned with size and scale

ART

Rob Virtue
@wharf.co.uk

Size is the topic for the latest collection of sculptures coming to Canary Wharf.

Yorkshireman Michael Lyons's show *Scale Appropriate*, coming to the foyer at One Canada Square next week, is his largest ever exhibition.

He uses scale and size to explore abstract themes of expression with his metal sculptures, covering areas such as mythology, landscape and history.

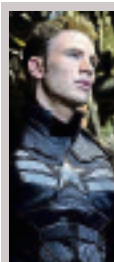
Mr Lyons said: "I have spent a lot of my sculptural life trying to find the appropriate scale for things – visualising sculptures against buildings, lamp posts and people."

"I have in my archive a photograph of a student holding a long pole so I could work out the height of the doves in Manchester and an even more humorous one of a commissioner standing on the sculpture spot with his arms above his head so I could measure him against the surrounding trees. There is also the question of the inherent appropriate scale for a sculpture."

The show will run from March 31 until May 23. Lyons uses a variety of metals for his art, which is either constructed or cast.

He added: "It is interesting that some of the very small sculptures I make lend themselves to enlargement – and others are as they are."

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REVIEW

Try Before You Buy

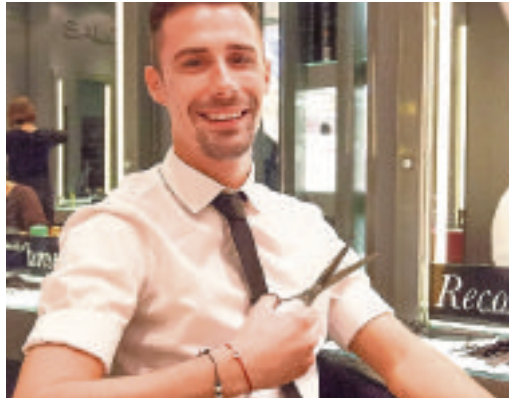
Seanhanna

It's a great English tradition to love a freebie, but one that leaves you feeling like you could waltz into The Ritz (or that your hair could anyway) is priceless.

The cost (or lack of it) and the end result is only half the benefit from Seanhanna though – the process is pretty great as well – so much so that the luxury head massage almost turned me into a purring feline as salon manager Jon Monks gently washed my barnet.

Seanhanna's Try Before You Buy offer for new customers also includes a hair consultation, luxury shampoo and condition and blow-dry.

Despite being very informative and helpful (my hair needs conditioning at the ends and I would benefit from a six-point seamless layering cut) the hair consultation was conducted more like a friendly



You could have Jon Monks' fingers running through your hair

chat than the kind of formal pitch you often get in such situations.

Although there was of course a commercial interest, the staff weren't pushy and the products and service spoke for themselves.

The Pureology super smooth serum (£16.45) and Kerastase oleo fusion in salon

treatment (£15) were used on my hair and the results were pleasing.

Go to seanhanna.com/try to claim the time limited offer.

Rachel Bishop

Our verdict

Who doesn't like a freebie?

★★★★☆



OLIVER BONAS
Coral
Flecked
jumper, £40
(£36 at
the event)
oliver
bonas.com

Get the brights of spring for less at discount event

Canary Wharf outlets offer 10-20% off over weekend

If you're still turning to your cashmere coat and opaque tights despite the warmer weather, Canary Wharf's three-day shopping extravaganza is on-hand to inject some spring into your style.

From tomorrow (Friday) until Sunday, the estate's Spring/Summer Fashion Weekend will offer Wharf's inspiration with plentiful catwalks across the malls – and an excuse to splash the cash with discounts ranging from 10-20%.

Sharpen up your shoe collection with the full reduction at **Dune** in Cabot Place Mall or over in Jubilee Place's **Jones The Bootmaker**.

Or, if it's sports footwear you're after, **Asics** is offering 15% off purchases of £65 or more and **Sweaty Betty** is promoting its latest shoe and clothing ranges with 20% slashed off the price tag.

But, back to the task of brightening up those closets in time for this weekend's official arrival of spring.

Shoppers in E14 will be treated to promotions across brands including workwear favourites



OLIVER BONAS
Freda Folk
placement
Sweat, £45
(£40.50 at
the event)
oliver
bonas.com

Jaeger, Thomas Pink and Austin Reed as well as chic offerings in **French Connection**, **Oliver Bonas**, **Warehouse** and **Ted Baker**.

In-store events, including pampering sessions at **Crabtree And Evelyn** and a sweet treat dipping station in **Godiva**, offer further ways to indulge in retail therapy.

And when you're all shopped out, coffee is taken care of at **Cafe Brera**, with 20% off, while Italian eatery **Amerigo Vespucci** is cutting the final food bill by 15%.

The free shopping spectacular will be accompanied by Tristan Mackay's song renditions in Cabot Place Mall, while the sounds of string music will play out of Jubilee Place courtesy of the Siren trio.

The malls will be open as normal for the event – Friday 9am-8pm, Saturday 10am-6pm and Sunday from noon-6pm.

Go to canarywharf.com for more information, full discount list and catwalk times.

BLINK BROW BAR

Enjoy 20% off all service and products

★ Share the birthday celebrations at Blink and take advantage of 20 per cent off all services and products.

The Canada Place brow bar is running its offer tomorrow, Thursday, and Friday, to mark its second anniversary. The offer is subject to availability. Call 020 7719 1989 for details.

REMEMBER TO BE PROUD

Run for us alzheimers.org.uk/running
0845 306 0898

Paris Marathon
Sunday 6 April

Run with Team Alzheimer's Society and help us to transform the lives of people living with dementia. Sign up for 50% off registration fees for guaranteed entry by Friday 28 February.

Alzheimer's Society Leading the fight against dementia

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

Gifts

Mother's Day

Show some love

Not sorted a gift for Mother's Day yet? Don't worry, **Beth Allcock's** been out to the shops

■ Spoil your mum with a 55-minute facial, back, neck and shoulder massage lasting nearly half an hour and a Guinot Gift Box. Must be bought by March 30 and used by April 30. Mother's Day spa package, £130, Re:Spa, Reebok Sports Club, Canada Square, 020 7970 0912.



■ Inject some colour into this year's celebrations by treating mum to this polka dot number. Spot tie back pleat dress, £45, Closet at Dorothy Perkins, Canada Place Mall, closetclothing.co.uk.



■ Perfect for spring, this floral scarf is on-trend. Sketch bloom stole, £20, Accessorize, Canada Place Mall, uk.accessorize.com.



■ Add a touch of afternoon tea to your mum's home with this cute gift. Teapots cushion, £30, Cath Kidston Jubilee Place Mall, cathkidston.com



■ Packed with 36 chocolates, this is a sure-fire way to raise a smile on Mother's Day. Includes pralines, real Champagne truffles and smooth caramels. The Mother's Day heart, £39, Hotel Chocolat, Canada Place Mall, hotelchocolat.com.



■ Treat mum to some pampering in the form of rose-scented shower cream and hand and body lotion – all in a pretty mug so she can round off the indulgence with a brew. Floral collection rose mug gift set £7.50, Marks and Spencer, Westfield Stratford City, marksandspencer.com.



■ Buy mum flowers that look – and are – good enough to eat. Dragee flowers, £2.50 each, Carluccio's, Reuters Plaza, carluccios.com.

GAUCHO
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Canary Wharf



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gauchorestaurants.com

Food

Mother's Day



Humble Grape is hoping its business aspirations will ripen like fruit on the vine

Bar seeking to harvest funding

★ Wine brand Humble Grape is about to launch a crowd-funding campaign to pilot the first tech-driven wine bar in Shoreditch.

Already £150,000 has been raised in the pre-launch phase through equity crowd-funding platform Seedrs, mostly from Humble Grape customers.

The target of £250,000 is likely to be surpassed with the £500,000 on the horizon, which represents Seedrs' limit.

Now the team will push the crowd-funding campaign wider with a party on April 27 at Level39, Canary Wharf's accelerator space for fintech and retail startups.

On the night, attendees can sample Humble Grape's wines while CEO James Dawson, showcasing the crowd-funding video and explaining the project in detail.

Go to humblegrape.co.uk.



Tom's Kitchen in Westferry



The Wharf's One Canada Square



Breakfast at Polo 24-Hour Bar

Keep mum happy with these specials

If you've not been a dutiful child and booked already, **Beth Allcock** has uncovered some options

With Mother's Day looming don't panic if you've got nothing in the diary – we've rounded up the best:

CANARY WHARF

One Canada Square

Dedicate Saturday to mums instead of Sunday at this Wharf eatery.

The ETM-owned restaurant is treating diners and their mums to a complimentary round of Mimosa cocktails both days, when they chose from the brunch or dinner menu.

Go to onecanadasquarerestaurant.com.

Quadrato at the Four Seasons

A three-course Sunday buffet with live music is in store for mums and their loved ones at this sleek hotel.

Starter selections include Italian cold cuts, Colchester oysters and sushi while a traditional Sunday roast with all the trimmings and a vast array of desserts follow. Lunch (from 12.30-3.30pm) on March 30 is £60pp. Go to fourseasons.com/canarywharf.

Plateau

Head chef Allan Pickett has whipped up special starters, mains and desserts to make this Sunday's celebrations extra-special.

A three-course lunch plus a glass of champagne costs £40 per head. Go to plateau-restaurant.co.uk.

Tom's Kitchen

Black bream, goats curd and apple tart will make their mark at Tom's Kitchen's on the Mothering Sunday Specials list.

The delectable trio will be on offer to diners in addition to plates from the a la carte menu. Go to tomskitchen.co.uk/canarywharf.

Zizzi

You might not be basking in the Mediterranean but treat your mum to a taste of Italy at Zizzi.

The eatery is offering a three-course set menu, served up with a glass of Prosecco, for £21.95pp. Offer applies on Sunday only. Go to zizzi.co.uk.

FURTHER AFIELD

The Gun, Coldharbour

The treats don't stop after a luxurious Sunday lunch or dinnertime spent at The Gun.

After you and your mum finish your meal, she'll be presented with a goody-bag filled to the brim with home-made chocolates.

Go to thegundocklands.com.

Little Nan's Bar, Deptford

Treat mum to tea, cake and cups filled with cocktails at this vintage-themed gem.

Owner Tristan Scott has enlisted the help of his own 'Little Mum' to serve up a Mothering Sunday afternoon high tea full of tasty sandwich selections, scotch eggs,

Victoria Sponge, Tinker Bell cakes and the bar's renowned cheese straws.

Opt for the full cream tea, for £14pp, or mix and match the tasty goodies. Email tristan@littlenans.co.uk.

Memsahab-on-Thames, Isle of Dogs

Why not choose Indian cuisine to put at the heart of Sunday's celebration?

This Thames-side eatery offers authentic fare prepared by staff on a daily basis. Bookings up to 9pm

Go to memsahab.net.

Polo 24-Hour Bar, Bishopsgate

All mums qualify for a free brekkie this Sunday at East End cafe Polo – if they share the start to the day with their child.

With Eggs Benedict, a traditional full English, porridge and pancakes all on the menu, they should be spoilt for choice. Go to polo24hourbar.co.uk.



HACHÉ, Camden, Chelsea, Shoreditch

Burger connoisseurs have created a special seasonal lamb patty with edible flowers for

mums this Sunday.

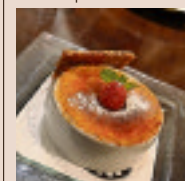
Served up with a glass of Prosecco, it's an ideal way to treat mum for £10.95pp. Go to hacheburgers.com.

Lancaster London, W2

Afternoon tea with a fizzy twist is on the menu at this eatery overlooking Hyde Park.

A complimentary glass of Prosecco will be poured for every mum who opts for the Sunday £22pp treat between 3pm and 5.30pm.

Go to niparestaurant.co.uk.



The Arch London, Marble Arch

A mouth-watering Mother's Day menu is in store at this stylish restaurant.

The menu,

devised by HUNter486 head chef Laurence Glayzer, costs £40pp and is served from noon until 2pm.

Go to thearchlondon.com.

Radisson Blu Edwardian New Providence Wharf, Docklands

Themed afternoon teas are in store for you and your mum here.

One such offering – the Queen of Hearts Tea – takes its inspiration from the tale of *Alice In Wonderland*. But if you're not a fan of the fairy story, opt for the traditional version for £19.50pp.

Go to radissonblu-edwardian.com.

Poppy's Kitchen, Bermondsey

Patisserie masterclasses with a splash of Baileys could be the perfect pairing for you and your loved one this Mother's Day.

Bailey's has teamed up with culinary goddess Poppy Smadja for Mother's Day masterclasses to create a duo of desserts.

The two-hour sessions start at 2pm and 4pm on Sunday. The event is free with limited tickets that must be booked. Go to poppysmadja.com.




SPORTING LUNCH

WITH

ALASTAIR COOK, THE ENGLAND CRICKET CAPTAIN

Thursday 15th May 2014, Boisdale Restaurant, Canary Wharf

This is your chance to "get up close and personal" over lunch with the England Cricket Captain and ask him those questions about the current state of England cricket!

Following the controversial Ashes Tour in Australia during the winter, this summer's forthcoming test series against the mighty Sri Lanka and India provides the opportunity to make amends for what has gone before.

Alastair Cook, the Captain of England will lead his team this summer and as a special pre summer appearance will be our guest at this special sporting lunch.

Hosted by Gladstone Small, the ex England fast bowler, this will be a truly unique occasion.

The ticket price includes;

Exclusive access to this pre-season, hosted by Gladstone Small
Champagne reception prior to lunch
Three course Boisdale lunch with coffee
Speech and Question and Answer session with Alastair Cook, the England Cricket captain
Memento of the lunch signed by Alastair Cook
Charity auction
After lunch cash bar

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A stunning setting for a special dinner

With an iconic landmark in the background, **Rob Virtue** finds a venue that's ideal for special occasions

REVIEW

Le Pont de la Tour

Shad Thames

There was a time when the snobs in Westminster would sneer at their cousins from over the Thames.

They would laugh at the south-erners' rags and their brawling in pubs while they themselves quaffed Champagne in their top hats and tails.

Thar was long ago however – summer 2012 in fact – as nowadays the folk from the north sneak over London Bridge with their literal tails between their legs and top hats doffed.

They go to The Shard mainly, for trendy shiny bars like Aqua to 'rough it'.

But little do they know the Lambethians and Southwarkers have been living the life of luxury for years thanks in great part to Le Pont De La Tour.

This spectacular venue sits at the end of Tower Bridge, offering fantastic views across the Thames. Inside it treads a fine line between refined and sleek modern.

The first room you come to is dominated by a grand piano, a real boon for the environment. In the second room, large windows allow diners to make the most of one of the best views from a restaurant in the capital.

And what better reason to go than to sample the tasting menu, currently priced at a very competitive £50 or £85 with wine pairings?

First came the mouth-watering fruit de mer ceviche to set the scene for the meal.

Next up was a fresh tasting salad of Dorset crab, served on melba toast, followed by pan fried foie gras and braised chicory with a red wine sauce. The latter was perhaps the weakest of the offerings.

Next a delicious loin of venison came. Served with braised salsify and beetroot, as well as sauteed Brussels sprouts. It proved the perfect combination. The accompaniment of a 2005



Tower Bridge opens for a tall ship as viewed from Le Pont de la Tour's terrace

Is it worth heading over Tower Bridge for Le Pont?

"The Lambethians and Southwarkers have been living the life of luxury for years."

Bordeaux from Chateau de Ricaud matched perfectly with the rich dish.

A trio of beautiful desserts rounded off the meal. The fantastic chocolate mousse just outshone the dark chocolate crumble and the salted caramel ice cream.

Very good, but in high-end London terms standard. It's really the impeccable service, the surroundings and the view that put this restaurant up there with the best.

■ For Mother's Day Le Pont is charging £50 for three courses including mains of rack of lamb, pan fried sea bass fillet and sirloin of beef.

Le Pont De La Tour, 36D Shad Thames, London, SE1 2YE, lepontdelatour.co.uk.

Our verdict

One of the best views in London

★★★★☆



The restaurant's take on loin of venison



The freshest seafood in the capital meets wine at these events

Special offer for Wharf's readers

★ Make fish the focus of your day with Billingsgate Market's series of Seafood Discovery Lunches.

Tuck into wine and fish pairings on April 3, or hold out for wine and shellfish collaboration on June 11, for the tasting sessions led by master of wine, Nancy Gilchrist.

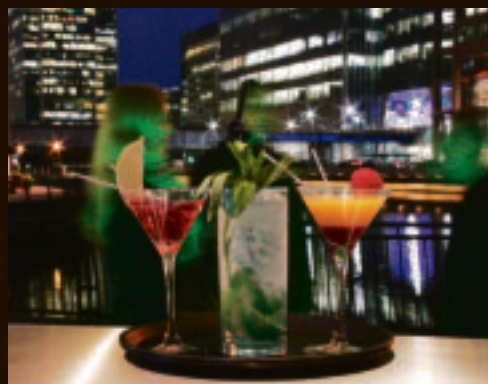
First course dishes on the menu could include taramasalata, smoked fish blinis, salt cod and sweet potato fish cakes, served up with matching wines. The initial tasting plates will be followed by a seafood main course.

Ideal for those who enjoy seafood and would like some expert advice about matching their dishes with wine, The Wharf readers will be treated to a £10 discount – with sessions now costing £50 – or a £95pp deal when both dates are booked together. To book phone 020 7517 3548 and quote *The Wharf*.

Go to seafoodtraining.org.



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Travel

PICTURES SEAN KNOTT



Fall for this seductive foodie trip

ITALY

A stirring jaunt to an unexplored part of Italy should excite, writes **Beth Allcock**

company boasts a team of expert chefs who promise to immerse guests in the sights, tastes, smells and culture of northern Italy's rich food heritage.

Local seasonal produce is whipped up to create delicious dishes in hands-on cookery classes, with plates such as Osso Buco and Spaghetti alla Vongole on the menu for travellers to master during their week-long stay.

Trips to the Rialto fish and fresh food markets in Venice, as well as truffle-hunting sessions off the beaten track and visits to local restaurants will all add to the luxurious experience.

Back at base, an 18m pool, traditional open Venetian fireplace and elegant bedrooms await – as well as dinner time that lasts well into the night.

Talking of the Italian property, home of the Conti Brandolini d'Adda family, Stirred managing director Sarah Roberts said: "Guests will fall in love with Villa Casagrande and the gorgeous surrounding area of the Veneto."

"Our fantastic chefs run the classes but we also have local experts who will reveal all the hidden jewels of this unexplored part of Italy."

Courses, priced at £2,400pp with a £250 single supplement, begin on June 8-14 and span a variety of dates in June, September and October.

For more information call 01347 868 659, email info@stirredtravel.com or go to stirredtravel.com to download a booking form.

A fusion of food and travel promises a "completely authentic Italian culinary experience" for holiday-makers this summer.

The elegant 15th century Villa Casagrande nestled in the foothills of the Dolomites, around an hour from Venice, provides the picturesque setting for Stirred, a new holiday programme for foodies with a passion for Mediterranean fare.

Opening the doors to its state-of-the-art kitchen this June, the cookery

Stirred at Villa Casagrande, left, will involve plenty of hands on cooking as well as indulgent dining



What can guests expect on a trip?

"Our fantastic chefs run the classes but we also have local experts who will reveal all the hidden jewels of this unexplored part of Italy."

Sarah Roberts

New hotel offers bite for theme park buck

Beth Allcock
@wharf.co.uk

The thrills of Thorpe Park will now be matched with a water-front hotel with bite.

Surrey's collection of rollercoasters and attractions now boasts the new Thorpe Shark Hotel, offering 90 rooms just minutes away from the theme park.

Guests will be able to step into its sharp-toothed jaws from April 4 and take advantage of rooms sleeping up to four people, rain shower wet rooms, free wi-fi, mood lighting and flat screen entertainment packages –

including the chance to re-live Steven Spielberg's seventies horror movie.

Chilled-out evening entertainment, club nights and an exclusive Summer Nights Ride Time add to the fun.

Hotel guests can also be at the front of the queue come the morning, with a "first to ride" priority – something that might appeal to all the family as the site's Angry Birds Land opens in May.

Short break packages start from £39.99pp based on four sharing and includes two day park tickets, first to ride, selected evening entertainment, breakfast and free car parking.

Go to thorpepark.com.

REUTERS



Visitors can re-live the terror of Steven Spielberg's Jaws at Thorpe Park's new hotel

THE WHARF EVENTS

THURSDAY MAY 8TH

The Wharf Property Awards
sponsored by

Gawor & Co
Solicitors



at the Hilton, Canary Wharf

**FRIDAY 7TH AND
SATURDAY 8TH NOVEMBER**

In association with



The Wharf Wedding Fayre, come down
and meet some of the best suppliers
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the Wharf events for Tommy's

THURSDAY MAY 29TH

Date Auction Night*
sponsored by



to be held at



entry is free,
come down and
bid yourself a date

THURSDAY JULY 24TH



Night At



Tickets are just £20.00**
this includes entry, plus food,
a glass of bubbly and
private screening of the film
**£10 from every ticket goes
to Tommy's

FRIDAY OCTOBER 31ST

Halloween Ball* at



Tickets are **£15.00** if in fancy dress £20.00 if you are not

*All money raised will go to Tommy's

For more information about any of the above events or to book tickets please contact
Daisy Lewis 0207 293 2272 or email daisy.Lewis@trinitymirror.com

WLTm...

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and follow the simple instructions

To **Place** your ad by text
Simply text **REG** followed by your first name, date of birth, area and your advert (max 155 characters) and send to **80098 FREE** (Standard Network rates apply)

To **Reply** to members
from your landline call:
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calls cost £1.53 per min
Have the adverts 6-digit box no written down and do **key-it-in** promptly when asked. Don't forget to leave contact details for replies.

To **Reply** to members from your mobile call **68118**
calls cost £1.50 per minute plus network charges

Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098**
eg: **REPLY1 123456 hi get in touch...** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message?
Pickup your replies
on:

0906 500 3731

calls cost £1.53 per min
PLUS you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO: 80098 (T&C'S BELOW)

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for like-minded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

HINA, black beauty, looking for discreet adult times with men any age. Tel: 0906 502 1953 Box No: 499701

CATHY very much a lady seeks gent up to 42yrs - who would appreciate an independent professional, sexy female who loves to be wanted, dried and contained. Tel No: 0906 500 3729 Box No: 410301

JOSEPHINE pretty Cheshire lady seeks benevolent gent for ongoing daytime dalliance, 66 plus. Tel No: 0906 500 3729 Box No: 410564

SARL 35yrs, own business, sexy, loves dressing up and married, seeks discreet men for social meetings. Can travel anywhere. ACA. Tel No: 0906 502 1953 Box No: 498227

CHUSSE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 419556

SANDY 50y, nice personality, GSOH, likes most things, seeks male, 60-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

LUCY Asian origin, 38yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 499713

MIXED race Asian lady seek male for friendship may be more, any nationality. Text Only Mailbox Box No: 434057

PROFESSIONAL black lady 44, 58 7yrs seeks professional white gentleman for love, romance and a long-term relationship. Text Only Mailbox Box No: 439766

SARAH, married lady seeks discreet to strings fun with gent. ACA. Tel No: 0906 502 1947 Box No: 498291

ATTRACTIVE Irish lady 60 seeking male for friendship relationship in 58 yrs. Tel No: 0906 500 3729 Box No: 435654

ANNA, busy mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0906 502 1952 Box No: 369019

JANE pretty size 12, loves going out, socialising, countryside, meat out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

JEWISH widow, 47, loves animals, seeks genuine, Jewish gent, 50-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 419547

DAWN 38 dark haired/medium built busty female who loves nights in/out, WLTm fun honest mingling club with GSOH to help mend yr broken heart. Tel No: 0906 500 3729 Box No: 410483

TERRA 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to let head over her heels with. Tel No: 0906 500 3729 Box No: 493112

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in her home abroad and having fun, seeking a similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 419477

FEMALE slim, blonde, blue eyes, seeking attractive male, 50-65, slim-medium built, N/S with GSOH. Tel No: 0906 500 3729 Box No: 419548

DAIME late 40s, likes walks, wine/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50s. Tel No: 0906 500 3729 Box No: 409443

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, sex strings and discreet pls. Age/Status unimportant. Tel No: 0906 500 3729 Box No: 419573

SHIRL 68, true romantic, seeks clean shaven, N/S, romantic male for cozy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409584

SARAH pretty petite green eyed female, lots of fun, like children, animals, gym, eating out, running, sports, fast cars, shopping, seeking nice guy to spend time with. Tel No: 0906 500 3729 Box No: 498719

ENGLISH Rose, seeks generous fun for mutually beneficial discreet relations, 50-60. Tel No: 0906 500 3729 Box No: 499037

FRANKE 60, widow, seeks male, 60-70, likes travel, TV, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 419021

BECHIRE lady, 41, single mum, looking for black/indian race male of similar age, 5 London area. Tel No: 0906 500 3729 Box No: 499927

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 499009

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, looking out, WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 409927

MARIE slim attractive fun bubbly, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 403707

CLAIRE young 30 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

YOUNG 60 blonde, seeking male, 50-70 who I can have fun, laugh with, holidays all days out who knows. Tel No: 0906 500 3729 Box No: 410181

50YR old female, looking for gent, 60-65 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 419067

ATTRACTIVE cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 50-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 499599

CAROLYN friendly, caring, creative, lives music out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 499666

EASY going female, 50, 5ft 6in, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 499661

DOWN to earth female, good heart, attractive, fair hair, green eyes, 5ft 7in, good personality, like a good time, seeks male. Tel No: 0906 500 3729 Box No: 499557

SANDY 50s, most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 493705

52YR old female, seeks N/S male to share and enjoy life with, 45-55. Tel No: 0906 500 3729 Box No: 499577

CARMAL lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 499463

SHIRL 68, true romantic, seeks clean shaven, N/S, romantic male for cozy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

ANGIE 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409584

SARAH pretty petite green eyed female, lots of fun, like children, animals, gym, eating out, running, sports, fast cars, shopping, seeking nice guy to spend time with. Tel No: 0906 500 3729 Box No: 498719

ENGLISH Rose, seeks generous fun for mutually beneficial discreet relations, 50-60. Tel No: 0906 500 3729 Box No: 499037

FRANKE 60, widow, seeks male, 60-70, likes travel, TV, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 419021

BECHIRE lady, 41, single mum, looking for black/indian race male of similar age, 5 London area. Tel No: 0906 500 3729 Box No: 499927

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 499009

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, looking out, WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 409927

MARIE slim attractive fun bubbly, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 403707

CLAIRE young 30 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

YOUNG 60 blonde, seeking male, 50-70 who I can have fun, laugh with, holidays all days out who knows. Tel No: 0906 500 3729 Box No: 410181

CAROL 35yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important to. Tel No: 0906 500 3729 Box No: 499025

VICTORIA 38 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 498720

LIZ attractive blonde blue eyed female with no children, loves country living, animals, seeks male companion for evenings, early nights and more. Single old welcome. Tel No: 0906 500 3729 Box No: 499625

SUSAN 24yr single mum of two, likes nights in/out, walking, swimming, running, WLTm, loyal easy going male to end lonely nights and brighten days. Tel No: 0906 500 3729 Box No: 499627

IS there a gentleman out there? 53, blonde hair, blue eyes, 4ft 11in, likes nights in/out, seeking gent, 50-60 top head lady love she should be. Tel No: 0906 500 3729 Box No: 499625

GOPHIE attractive hard working female, who enjoys dancing and good company, WLTm loving male to enjoy nights out and genuine laughter. Tel No: 0906 500 3729 Box No: 499625

64YR old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 50-64 for genuine relationship. Tel No: 0906 500 3729 Box No: 499573

WHITE female, 55, 5ft 6in white male, 50-55, likes travel, concerts, sports, TV, meals out. Tel No: 0906 500 3729 Box No: 499612

SUE young at heart female, very adventurous and looking for ex strings fun with mature male. Tel No: 0906 500 3729 Box No: 499551

JAN 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 499507

JOANNA slim attractive blue eyed blonde nurse, divorced with two teenagers, lots of love to give, looking for Mr Right, call me lets put the spark back. Tel No: 0906 500 3729 Box No: 499557

FLOR beautiful educated European, black, articulate, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 499259

BLACK male, 38, kind, caring, sexy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 419567

TALL male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 419515

IRISHMAN kind, loving, 50, seeks loving female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410468

TOMMY 38 yrs, 5ft 10, down to earth, discreet, easy going, genuine, likes meals out, cinema, countryside, animals, seeking similar female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 419157

BLACK male, bubbly WLTm expert, plus size, voluptuous, white female for friendship, maybe LTR. Tel No: 0906 500 3729 Box No: 499212

BRIAN 51, 5ft 8in, medium built, attractive, likes meals out, cinema, long walks, easy going, GSOH, seeks attractive female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 419157

JERRY black African, 51 yrs, attractive, medium built, seeking big female, size 12-25, male 5ft 7in, 29-34. Tel No: 0906 500 3729 Box No: 419357

HI ladies I am Jack 67 medium built, shaven, clean shaven, hairy chest, am looking for black woman 20 to 60 for discreet fun. Text Only Mailbox Box No: 419545

NICHOLAS 70 BL, seeking female, 50-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 419945

50YR old male, WLTm lady 60-74 for friendship and outings. Tel No: 0906 500 3729 Box No: 419527

MALE 54, not in bad fella, seeks lady who loves motorbikes, music and the odd tipsy, gym and weekend rides. Males at first maybe LTR. Text Only Mailbox Box No: 433282

MALE local, professional, handwriting, seeking independent female, 25-42 Tel No: 0906 500 3729 Box No: 410596

TALL handsome professional Asian male, seeks smart, attractive, slim, bubbly lady for caring, discreet relationship. Tel No: 0906 500 3729 Box No: 410161

TALL slim, fun loving Asian male, 43, seeks female, any age for discreet liaisons. Tel No: 0906 500 3729 Box No: 499693

BLACK male, 46, kind, caring, easy going, seeks white female, 45-50 for serious relationship. Tel No: 0906 500 3729 Box No: 419599

64YR old white guy, seeking female, any race/ethnicity/nationality for friendship, maybe more. Tel No: 0906 500 3729 Box No: 419525

40YR old male, seeking attractive, caring, honest female for LTR, nights out, meals, pubs, travel etc. Tel No: 0906 500 3729 Box No: 419527

BUILDER 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410535

CEMUR reliable, traditional, sociable, N/S male with GSOH, seeks positive, loyal, slim, kind hearted 60s female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 419301

WHITE male, 62, medium build, own apartment, clean living, seeks clean shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 499225

GOOD looking fit guy, mid 50s, passive, slim, seeks assertive, bossy guy guy for friendship and fun. Tel No: 0906 500 3729 Box No: 49971

FEMALE seeking motorbikes for friendship, cooking, holidays etc. Tel No: 0906 500 3729 Box No: 499225

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MALE 41, attractive, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, slim, attractive female, 30-42 for relationship, Essex/East London. Tel No: 0906 500 3729 Box No: 419327

ALLEGEDLY handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, CHAC, seeks genuine, fun loving black/oriental/Asian female. Tel No: 0906 500 3729 Box No: 499643

TALL handsome professional Asian male, seeks smart, attractive, slim, bubbly lady for caring, discreet relationship. Tel No: 0906 500 3729 Box No: 410161

TALL slim, fun loving Asian male, 43, seeks female, any age for discreet liaisons. Tel No: 0906 500 3729 Box No: 499693

BLACK male, 46, kind, caring, easy going, seeks white female, 45-50 for serious relationship. Tel No: 0906 500 3729 Box No: 419599

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Health

You don't have to be mad to work out here

WORKOUT Rob Virtue casts aside fears for his mental health and tries an Insanity class

JAMES PERRIN



Do it with me: Instructor Tania performs a move during a taster session earlier last month at the Canada Square health club

Taking part in the Insanity workout involves stress – something that gets the blood pumping even before you go through the door.

You've seen the photos of dramatic weight loss and you hear countless people talking about it. It's like preparing to go on a hi-tech theme park ride.

You know it will be OK. You know it will be safe. But the fact you feel you can't get off brings a fear with it.

Of course – legally – you can take a break but no-one wants to do that. Insanity is what the mantra “no pain, no gain” was made for. Adding the clause “unless you're knackered” will not do.

For those who have been cowering under a rock, Insanity is a fitness trend made popular by Shaun T when it was turned into a 60-day home workout programme by DVD.

Therein lies the first benefit – you can do it at home. But for those who need a little more motivation to take part – plus extra room and no kids asking to be fed – then Reebok Sports Club at Canary Wharf may be the answer.

One-off Insanity events have been run by the

So how hard is the Reebok's new Insanity workout?

“The moves are pretty simple, the repetition is arduous and the more you resist the temptation to collapse in a heap the more you'll feel the strain the next day.”

fitness centre over recent weeks but now the workout has been brought onto the gym's April timetable.

Walking into the room you line up and wait for the 45-minute rollercoaster to begin. Music pumps out, instructor Tania is poised. Seeing fear on the faces surrounding her she assures us we can slow down if we want.

What she doesn't tell us is that will have to face her vicious disappointed look if we back down. (This look might have been in my head, but the effect is the same). It works both ways though and Tanya's encouragement pushes us through some dark moments.

So how tough is it? The moves are pretty simple, the repetition is arduous and the more you resist the temptation to collapse in a heap the more you'll feel the strain the next day.

The workout is separated into three blocks. They consist of three or four high intensity exercises, 30 seconds each, moving up to a minute in the latter stages of the workout. Moves include anything from jumping and punching to planking.

Thirty second breaks for water seem to go by in a flash and you end up looking for any moment to rest in between push-ups.

Glancing round, you'll see you're not alone and I imagine the sessions do get easier as the 60-day plan progresses.

You'll sweat and then you'll ache but you will definitely feel the benefits.

Available to members only. Go to reebokclub.co.uk.

Our verdict

This workout was what the mantra “no pain, no gain” was invented for

★★★★★



Sky's Kirsty Gallacher will open Be:Fit at Old Billingsgate

Celebrating women who want to be fit

Female fitness, health and nutrition will be at the heart of Old Billingsgate for a three-day exhibition this weekend.

Sky Sports News presenter Kirsty Gallacher will kick off proceedings at Be:Fit London tomorrow (Friday) before brand ambassador and gold-winning heptathlete Denise Lewis and Victoria Pendleton, Britain's most successful female cyclist, share their experiences.

Industry experts including Dr Christy

Fergusson and Anya Lahiri of Barry's Bootcamp will also be on-hand during some show days, joining Be:Fit's fourth official champion, Jodie Kidd.

Free classes, inspirational talks and complimentary health checks will all be on offer, as well as the chance for fashion-conscious fitness fans to brush up on the latest sporty trends from brands including Lorna Jane, Kinetic and Pretty Athletic.

Plentiful healthy snacks and drinks to nibble on will fill the nutrition area, along with advice to help women eat smart.

Leigh Fergus, Be:Fit London's show and brand manager, said:

“We are delighted Kirsty, Denise, Victoria and Jodie were keen to be ambassadors for Be:Fit London this year.

“They are fantastic role models for all women who aspire to get fit and healthy.

“We're also thrilled by the incredible experts and exciting brands that we have on board this year. They will all make this a quality, fun and inspirational visitor experience.”

Advance adult tickets cost £18, with VIP Day Spa Tickets on sale for £50 with limited availability.

Go to befitlondon.com.

YOGABELLIES

Class is voted best in the borough by mums

★ Mums have shown their support for an Isle of Dogs fitness class by voting it the best in the borough.

Yogabellies Yoga for Women, taught by parent-of-two Sharon Osu at Burrells Wharf, scooped the title after a competition on website Netmums.

Sharon's classes run at Burrells Wharf in Westferry Road, E14, every Wednesday at 8.15pm.



GETTY



GETTY



Ambassadors: Lewis, Pendleton and Kidd



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STEPPING off the Tube and into Canary Wharf, it's the twinkling office lights and skyscrapers filling the expanse that makes gazing up to the skies inevitable.

The people responsible for such dashes of colour adorning Barclays in Churchill Place, the warming glow of One Canada Square and those crazy-coloured chairs in the chill areas are being celebrated at a one-day event.

Wasteland to Wharf – a showcase in the Museum of London Dockland's Rum Store on April 3 – will highlight innovations from nine firms which have supplied products to companies on the estate during the past three decades.

These include lighting manufacturers, switchgear and generator suppliers, office furniture solutions and vinyl graphic specialists.

One man who'll be sharing his story and opening the niche exhibition is Brian Teale, former project developer and employee at Barclays' group property services company.

He might have scaled One Canada Square back in the '80s, but needed feet firmly planted on the ground when he was tasked with managing Barclays' re-location to Five The North Colonnade, 10 South Colonnade and One Churchill Place from 1993.

"It was a quantum leap for Barclays, as the bank had been in the City for 300 years," he said.

"But many staff in the City came in from the east anyway, so getting here was easy if you were coming from Stratford.

"The whole thing was a significant success. I don't think there's anyone who would say they would go back to the way they used to be.

"If you go around the building at One Churchill Place now it's still vibrant, still high quality and the design is still timeless.

"It's 10 years old but it's a very flexible and adaptable design."

Brian added his "swan song" was completing the fit-out of One Churchill Place by December 2004, ready for its formal opening in June the following year.

He's now a non-executive director at Future Designs, teaming up with managing director David Clements, who was responsible for bringing coloured and standard lighting to Barclays' executive floors, auditorium and restaurants.

Anna King, helping to coordinate

the event, said it was important to flag up east London's achievements in creating the financial hub.

"There's no such thing as an overnight success," she said. "From Canary Wharf's inception to now it's been 31 years and as these places have been built there have been a lot of suppliers in the buildings and consumer services who have been involved in making it happen.

"It's seeing it from their perspective."

■ *Wasteland to Wharf at The Rum Store, The Museum of London Docklands, April 3. From 8.30am until 5.30pm with a lunchtime session led by Richard Byatt, former communications director at the British Institute of Facilities Management.*

■ *Go to wastelandtowharf.co.uk or email info@wastelandtowharf.co.uk to secure a free place.*

Music is the great escape from stress of the office

PEOPLE

Musician steps back from festival circuit to take Wharfers on a melodious journey

Beth.Allcock
@wharf.co.uk

She's toured with Bat For Lashes and shared the stage with Lana Del Rey, while pursuing a passion for compositions combining classical instruments with a pop sound.

But this year, cellist and pianist Nicole Robson has swapped the festival circuit for a former shipping container in Trinity Buoy Wharf, where she's hoping to share her skills with Wharfers.

Don't be daunted by the 26-year-old's impressive back-catalogue though.

Whether you can't tell your treble clef from a quaver or you're a soul singer with a desire to pen your own songs, Nicole is keen to tailor her Wharf Notes classes.

As well as cello and piano tutorage

– for which you'll need your own instrument – and songwriting assistance, the east Londoner has also launched sessions with a focus on music theory and creative skills.

"I want people to learn the music they want to learn," she said.

"So if they want to learn classical, or soul or pop or combine the two, that's something I want to help with.

"And it might just mean I have to learn as well, and that's usually a good thing."

Using her cello and piano to mix with modern sounds is the combination Nicole favours and something she has explored after linking up with art-pop orchestra The Irrepressibles.

She says the convergence of classical and pop means "barriers barely exist any more" and it's something she is keen to progress in her solo work.

She said: "I have always adapted to the music I have been playing, the bands I have been a part of and the people I have collaborated with.

"I find the cello is such a variable instrument and it can be used in many different ways.

"It's amazing how classical skills can really help within the pop world.

"I do a lot of string arrangements for pop artists and that requires a



Cellist and pianist Nicole Robson is running classes tailored to Wharfers at Trinity Buoy Wharf



classical understanding of how music works, how music theory works and how harmonies work."

With her focus now on her music lessons, Nicole said she relished the role of teacher in the Trinity Buoy Wharf space.

"I have really been enjoying it. I

would like to reach out to more people in Canary Wharf for music classes, because they're in a convenient location for them."

And it's not just the location of her music space Nicole believes will be good for Wharfers – it's the health benefits of taking up the hobby too.

42.7%

Of Tower Hamlets residents are "actively engaged with music" – the sixth highest in the UK. Hackney came top with 44%

SOURCE: BBC / GOLDSMITHS

"Music is renowned as something that reduces stress and anxiety – even just doing a bit each day can help you refresh," she said.

"Especially things like the piano – it's absorbing and takes your mind away from the worries in life."

Classes generally cost £30 per hour, with a block of six hours available for £150. Shorter classes are available on request.

Go to wharfnotes.com.

LondonEYE



PAUL HACKETT



FILM PREMIERE Actress Hayley Atwell, above, and Samuel L. Jackson arrive at the UK premiere of *Captain America: The Winter Soldier* at Shepherds Bush on Thursday.

PAUL HACKETT



NEIL HALL



IT'S A GAS

Two demonstrators kiss as they pose for a photograph during an anti-fracking protest held in Knightsbridge where the Shale Gas Forum was being held.

PAUL HACKETT



THE ART OF LENNON

An untitled illustration by John Lennon of a hairy woman holding a miniature man by the arm is held by an employee of Sotheby's in London. The illustration, which will be sold in New York in June, is part of a group of letters and drawings entitled *John Lennon You Might As Well Arsk*, and is estimated to be auctioned for between £7,000-£9,000.

CARL COURT



CURTAIN RAISER

The Queen and Prince Philip watch performers during a visit to the Rambert dance company in London on Friday. They toured the new purpose-built facility housing Rambert, Britain's national dance company, meeting architects and staff.

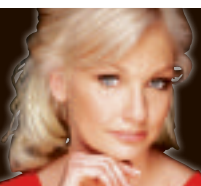
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Someone is playing games with your emotions and it is imperative you don't play back. Help from unexpected sources gives you a support network.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Don't tell tales on close ones, but work instead on protecting the privacy they hold dear. You may need the same level of care and respect one day.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Love and hate may seem pretty close together for you recently but, unless you talk to the person directly involved, you are never going to split them.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Family are not making it easy for you to tell them what's going on in your life, so don't feel upset if you're accused of shutting them out. A Pisces helps.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Money may have to be saved rather than spent if you are to do all you'd planned over the coming week. Don't tell others' secrets tonight. Keep quiet.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Your energy levels have been depleted by recent events, which even the strongest of signs would have found difficult to ignore. Rest up, Cancer.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Plans you were looking forward to are likely to change unexpectedly. Don't let your stubborn streak take over, but be flexible. It'll be better.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You're ready, willing and able to take on the world. You're not afraid to tackle emotional issues with close ones. Stay calm Virgo, be non-confrontational.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You think people are still judging you on what happened, but you're wrong. Those who care for you have moved on and you should too, Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Time is of the essence in business. Make sure you stick to arrangements and avoid changing details, times and places on others or they may bail out.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You're not sure if you can trust certain people, but unless you give them a shot then you're never going to find out. Take a chance. You'll see how good life is.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Keep your eyes firmly focused on the future, not the past. You mustn't regret what you've done, but only regret what you haven't. Life is for living.

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Live text

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Dinner and a Movie



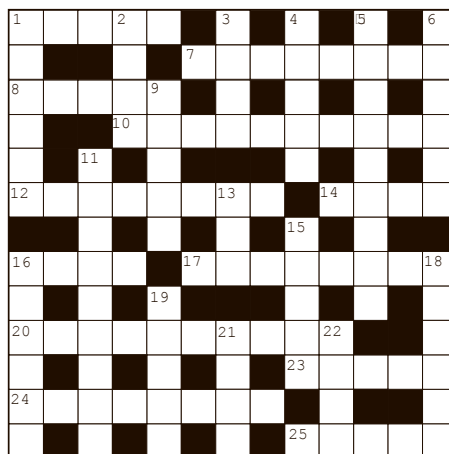
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

of the actress, pictured here at the London premiere of *Captain America: The Winter Soldier* in which she stars as Natasha Romanoff, the Black Widow.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is April 4. Include your name and address.



Crossword



ACROSS

1. Forest clearing (5)
7. Solid fuel (8)
8. Shinbone (5)
10. A small amount (10)
12. Wobbly (8)
14. Single entity (4)
16. Foamy waves (4)
17. Fidgety (8)
20. Decorative (10)
23. Flier (5)
24. Teaches (8)
25. Dog lead (5)

DOWN

1. Rich cake (6)
2. Podium (4)
3. Sharpen (4)
4. Excessive desire for food (5)
5. Aromatic plant (9)
6. To spoil (6)
9. Traffic light colour (5)
11. Spaceman (9)
13. Owed as a debt (3)
15. Watch band (5)
16. Spade-like tool (6)
18. Seize quickly and deftly (6)
19. Bedaub (5)
21. Christmas (4)
22. Be fond of (4)

ACROSS: 1. Glade; 7. Charcoal; 8. Tibia; 10. Smattering; 12. Unsteady; 14. Unit; 16. Surf; 17. Restless; 20. Ornamental; 23. Pilot; 24. Educates; 25. Leash. DOWN: 1. Gateau; 2. Pais; 3. Whet; 4. Greed; 5. Conander; 6. Blight; 9. Amber; 11. Astronaut; 13. Due; 15. Strap; 16. Shovel; 18. Snatch; 19. Smeat; 21. Noep; 22. Lie.

Sudoku

EASY

	2			7	6	5	1	8
6	5	9			4			2
	8			3			6	
	6	2	3	4	1		5	7
1	3	8			5		4	6
4	7	5		9	8	3	2	1
2		7	8			6	9	
	1	6	4	5			7	
5	9	3				1	8	4

HARD

1			7			8		
		3		5			2	
			9			7	3	
		9		3	8	2	5	
5				1		9		
				9				3
			3	8		1		
							9	
					6		7	4

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

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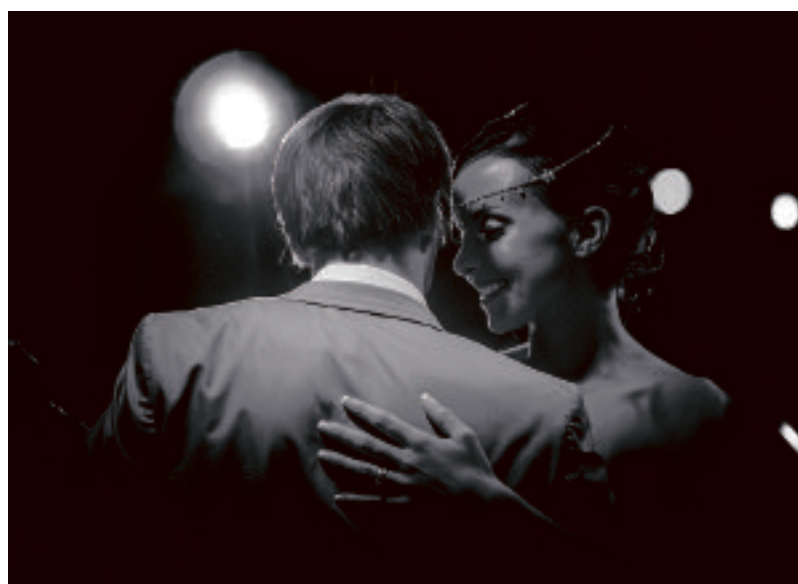
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THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club

**We need promotion form**

Two defeats in four days have pretty much guaranteed relegation for us this season.

We played fine at Leeds last Saturday but did not take enough of our chances and lost 2-1.

Then on Tuesday night in a must win match against Birmingham we lost 3-2.

That was the first time we scored more than one goal under Ian Holloway's management, which tells you something about our lack of threat. Again it was a tale of missed chances and bad defending.

The internet message boards went into meltdown after that defeat with many supporters calling for the head of Holloway and questioning whether we would have been better off keeping Lomas.

It would have saved bundles of money to have kept our former manager but we looked a doomed team under his stewardship.

Under Holloway we have cut out the spankings we were getting from time to time but now you'd never back us to win matches, which is a terrible sign – especially when we now need promotion chasing form in the last eight matches to stay up.

One supporter on the



No leader: Holloway

“Relegation is going to cost the club millions

message board summed up the situation pretty well: “No fight, no bottle, no creativity, no organisation, no cohesion, no stability, no settled line-up, no leaders, no goalscorers, no midfield general, no team spirit, no value for money, no hope for next season.”

Strong words, but accurate in my opinion. Holloway has tried to be clever by getting us to change our style of play and keep the ball more which, with hindsight, has not worked.

His starting 11 changes game to game and his formation changes at least

once a match. I have the feeling that he would have got better results by sticking to 4-4-2 in every match after getting a winger or two in.

Holloway has bought in a lot of players since he has been here, increasing the wage bill with several players on significant wages. That could well be a burden come next season even if those players are no longer with us.

Relegation is going to cost the club millions. Clubs don't get enough TV money in the Championship, but in League One they only get a tiny fraction of the deal.

Advertising revenues will fall too and then there is the drop off in crowds from both home and away supporters.

The club are trying to sell next season's season tickets at the moment with the early bird discount finishing on April 4. But the looming relegation will scupper lots of those sales.

Back to this season we simply must beat Blackburn at home this Saturday and use that as a springboard to go on a winning run.

Looking at past form that is very unlikely but when there is a still a chance we must cling to it. *Millwall v Blackburn, Sat, 3pm.*

We're raring to go off back of victory**CHARLTON**

Manager hails win as step in right direction

Rob.Virtue
@wharf.co.uk

Another late winner gave Charlton a crucial three points this week.

Jordan Cousins fired home the 81st minute goal in the 1-0 win at Nottingham Forest to help the Addicks go two points clear of the relegation zone with three games in hand. Jose Riga said afterwards it was a team effort.

“Organisation was key and we had that and some quality,” said the Charlton manager. “In our situation we have to take our chances when we get them. We are all in this together and this was a step in the right direction.”



Confidence: Charlton's Jordan Cousins says he gets to express himself at the club

Meanwhile, Charlton midfielder Cousins dismissed talk of a move away from The Valley with Premier League clubs said to be hovering. He said he was focused on helping the Addicks stay up.

“Obviously the Premier League is my long-term dream but the short-term is about keeping Charlton in the Championship. I've got two more years on my contract and I'm focused on that.”

“Charlton give you a chance

to express yourself and play in the first team and that's what I want to do.”

The Addicks return to the East Midlands on Saturday with a trip to Derby County. They then face Leeds United away.

Cousins said: “Everybody's solid at the back, in midfield and up front — everybody's defending together. Everyone's raring to go and I think we'll do alright.”

Derby v Charlton, Sat, 3pm

Solid win for Docklands

VOLLEYBALL London Docklands made it 16 wins over 16 after beating City of Bristol 3-0 (25-17, 25-13, 25-14) on March 22, in the Men's National League Division 1.

Bristol were only promoted back to Division 1 last season and their fighting spirit wasn't enough to beat London Docklands, who had a confident start with captain Mark Baechli taking a strong lead.

London Docklands will play their next game on April 5 against Essex Blaze, who are also battling against relegation.

WEEKEND FLUTTERWITH THE
RACING POST**RACING**

■ The Dubai Duty Free takes place on Saturday afternoon, and the 7-2 about *The Fugue* looks a fair price.

The one mile, one furlong race might see John Gosden's runner utilise her speed and the five-year-old mare should relish the quick ground. Get behind her.
Ed Quigley

FOOTBALL

■ **Southampton** were slightly unlucky to lose 3-2 at Tottenham having played so well in the first half but can bounce back by beating Newcastle on the south coast. The Saints are still playing lovely football and have little to fear from a Newcastle side missing striker Loic Remy.
Dan Childs

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Sport

Wharf



ON THE WAY DOWN
Lions' terrible form likely
to see them relegated **P71**

Lions suffer fourth defeat in five

BASKETBALL It took a strong second half effort for the Newcastle Eagles to break London Lion's resistance and take a 95-67 victory on Tyneside.

Darius Defoe powered the home side to their 11th straight home league win, with 20 points and 11 rebounds giving them a clear lead at the top of the Championship table.

For the Lions Chez Marks made it into double-figures but that couldn't stop the capital side sliding to their fourth defeat in five.

Blackheath inching away from the drop



Blackheath's Markus Burcham, right, in action

RUGBY A sixth victory in an unbeaten run of seven matches moves Blackheath closer to SSE National League One safety, but they were pushed hard by Henley Hawks.

Richard Windsor, Mike Canty and Dave Allen scored the tries in Blackheath's 22-18 win.

Next week, the south Londoners make the long trip to the north-east to face Blaydon. Then, on April 5, it's Old Albanian at Rectory Field for the club's Ladies' Day in aid of South East London Breast Care Trust.

Sin bin is way to save the scrums

RUGBY

World cup winner says referees need to take a tougher stance over non-completion

Rob.Virtue
@wharf.co.uk

England rugby world cup winner Jason Leonard was a king of the scrum in his playing days.

But he believes something needs to be done about the current problems with the set-piece that are ruining enjoyment for fans.

The recent Six Nations saw a lack of completions of scrums with penalties the inevitable result.

Leonard's called for referees to take control and send players off if they are not completed.

Speaking at West India Quay's Rum and Sugar at a Q&A session with fans, Leonard said: "When you've got 80,000 people at Twickenham, they haven't come to watch a scrumage, they've come to watch rugby."

"Players have got a duty of care to help the referee and the referee in turn should say 'if you muck me around today then two of you will go in the sin bin'."

"That's the only way I can see the current situation improving - with referees taking control."

Meanwhile, Leonard, who was capped 114 times by England and was part of the 2003 World Cup winning team in Australia, said he was in no doubt who the best player he had lined up against was.

It was the man he described as the perfect athlete - New Zealand's Jonah Lomu.

"I only got close to him twice," said Leonard. "He's 6ft 5ins and 19 and a



Above, Leonard at the height of his powers. Below, after retirement



half stone but could do the 100m in 11 seconds. I managed to tackle him twice and both times it took me and Martin Johnson to stop him. He wasn't just a lump, he could swerve and he had great hands."

He also told the crowd at the lunch at Rum and Sugar about a memorable game in Argentina, where fans were still furious about the recent Falklands conflict.

"We had the Union Jack being burnt in the stands and the national anthem interrupted with a scratch as it was ripped off the gramophone," he said.

"We then had an empty whisky bottle thrown at us, found scissors embedded in the ground and a bath tap was hurled that was about a foot long. It was a memorable game."

SQUASH

Underdog triumph is keeping the seeds sharp



Tough week: Nick Matthew

LAST night's shock win for underdog Max Lee should lead to a wake-up call for the top seeds in this year's Canary Wharf Classic according to favourite Nick Matthew.

Lee, from Hong Kong, is ranked 34 in the world and beat fourth seed Karim Darwish 3-0 on the first night of squash at the East Wintergarden.

Meanwhile, top seed Matthew comfortably overcome Alan Clyne but admitted he had one eye on Lee's upset.

"Sometimes it happens in twos or threes so we've got to be careful," said Nick, ahead of his quarter-final against Egyptian Omar Mosaad on Wednesday.

"But you don't think about it too much. You've just got to focus on your own game."

Yorkshireman Matthew spent Tuesday at the courts in Credit Suisse's Canary Wharf offices working on his game ahead of Wednesday's clash.

But when asked who he feared in the tournament as a whole, Matthew named rival James Willstrop.

"James is the defending champion who has won four times to my three, so hopefully I can level things up," he said. But I won't play him until Friday if I can get through. It's going to be a tough week and I just need to make sure I get there.

"Last time we played was the final of the national championships and I won 3-1 but technically and mentally it was the toughest in my career."

■ Nick Matthew is sponsored by Dunlop and uses its Biomimetic Evolution 130 racquet, available for £139.99.

Go to facebook.com/DunlopSport.

the Wharf LEAGUE

RESULTS

DIVISION ONE

PCFC	7
Camden Pathway FC ●	2
Landas Pandas	8
Cavendish Allstars	12
Not So Athletic	3
M3SSI is Back	16
Athletic Pasty	10
Wed Vac	0

DIVISION TWO

Allstars	0
Reggae Allstars	10
Hurford Salvi Carr	0
Mile End Utd	10
Abou ●	8
Exeter Gently	12
Jubilee Utd	9
Bayer Neverlusen	10

DIVISION THREE

FC Hangover	11
OLU FC	14
Newport Dodgers	1
Centrepoint	9
FC Poor Toe	17
Lads On Toure	11
Efan Ekoku's Elite ●	10
ISS Tigers	8

Last games on March 19.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

Activities raise £53million nationwide

CHARITY

WHARFERS got physical for charity last week in a huge variety of sporting events around the area.

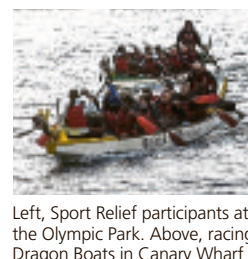
Let's Get Physical for Sport Relief was held from March 17-22 in a bid to raise money for some of the poorest people around the world.

Sporting demonstrations and group activities were available throughout the week - including dragon boat racing and rave cycling.

On Friday, teams took to the docks for the Canary Wharf Dragon Boat Challenge, with Fitch Dragon Flyers from Fitch Ratings claiming victory.

Families also went head-to-head in hula hoop and space hopper races, before the weekend was rounded off with a huge free sporting day at the Queen Elizabeth Olympic Park on March 23 - where there was plenty of celeb spotting. More than £53million has been raised so far.

More pictures at wharf.co.uk



Left, Sport Relief participants at the Olympic Park. Above, racing Dragon Boats in Canary Wharf